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# The Throwers Week

The following is a coach's schedule for throwers.

---If possible break them up by groups, JV, Varsity or make up groups according to ability, **maybe a good mix of talent**(what I do) or even high end/low end and rotate what they do. If you have a JV coach or a coach to cover the weight room....wow! **No athlete will do all three throws in one day.** If an athlete only throws say Javelin, they will complete their workout sometimes apart from me on a given day.

**Rotate which days you coach each event** unless you plan on a 3 hour day at the field. Also, break the athletes up into groups, make sure that you have no one group too large.

--If I have a group that is very large, say 10 discus throwers, I will line them up on the track and command warm-up throws all at once sequentially. (If I am not at a throwing area I put one of my better athlete in charge to give command to throw.) Then before anyone steps into the one ring we have we do our daily drills. After drills we rotate into the ring one at a time. **After an athlete takes a throw in the ring they are to go to the track and work on the drills that aid them in the area of concern that they were told they needed work on.**

The larger the group it becomes almost impossible to coach all athletes each day. I rely on the experienced ones to coach up a lot.

**There are some days I will work back and forth all throwing time long coaching all three throws. This occurs after I can trust them to do what they need to do.**

Overall the most important things are to divide the groups up by size, never having any one too big. However, there may be times when you will have a very large group, break them up doing different things at the same time. For example; some doing dry drills, some doing circle work, some doing partial throws in a different area.



### Coaching schedule:

**Monday:** Javelin, Shot Put

**Tuesday:** Discus, Shot Put...Plyometrics.

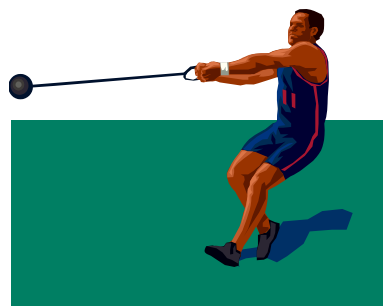
Javelin does specialty drills (shot throws...)

**Wednesday:** Javelin, Discus

**Thursday:** Meet? If not Shot Put, Discus

**Friday:** Go around to all three. Throw for 45 min. or so  
Weight room 3:45.

**Saturday:** Only first 2 weeks, repeat Friday coaching routine.



## Example of Athlete schedule:

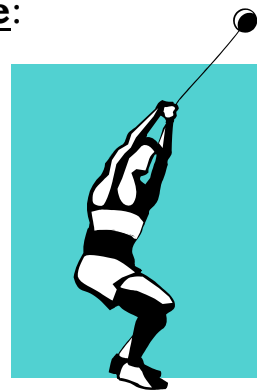
### Monday

2:45-3:35 Shot Put-A, Discus B, Javelin A.

3:35-4:25 opposite.

4:25 Running all together.

4:35-5:25 Weights all together.



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### Tuesday

2:30 Film study all, start with Javelin and then Discus, then Shot Put. YouTube and other great DVD's. If an athlete only does Javelin I send them out right after film to do their workout.

3:30 Coach on field. Javelin throwers go immediately to shot area and do drills with shot.

3:30-4:10 Shot Put-B, Discus A.

4:10-4:55 Shot Put- A, Discus B.

4:55 All together for Plyometrics and running.



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### Weds. Repeat Monday.

If the day before a meet athletes are to warm-up and do meet drills and limit throws, never more than 6 fulls, Javelin only warm up and runway work, no hard throws whatsoever.

Running

Lifting; light and brief.



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### Thursday

Meet, if no meet Repeat a full Tuesday.

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### Friday

Athletes get to choose the throw they do on Fridays, it is based on the one they need the most work on. We throw/drills/running until 3:45 and then hit the weight room.

# **Hawk Throwers**

Have Fun!!

Never turn your back on a thrower.

Always know who is doing what around the throwing area!

Set Goals. Have a plan to achieve them. Step by step!

Want to watch videos, study your event.

Be videotaped as much as possible. Learn from what you are doing, not what you think you are doing.

Make the most of every practice. and every practice attempt and drill. Know why you are doing what you are doing.

Mental practice often.

Emulate those who do it right.

Always revert back to the basics. Drill, drill, drill!

Do not overthrow. We want quality throwing.

## **Running**; After all throwing

	Monday	Tues.	Weds.	Thur.	Fri.	Sat.
Week 1+2	800x1	100x10	400x2	100x10	1600	40x10
Week 3+4	600x1	80x10	300x2	80x10	1200	30x10
Week 5+6	400x1	60x10	200x2	60x10	1000	25x10
Week 7+8	300x1	40x10	100x2	40x10	800	20x10
Week 9+10	100x6	30x10	80x2	30x10	600	10x10
Week 11+12	100x6	20x10	60x2	20x10	400	10x10

# Daily routine on throwing days. Days before meets 1/2.

## **Shot Put** after 4-6 standing throws.

1. Squats x 10
2. Squat drives x 10
3. Leg Drives x 10
4. Drive to the middle x 5
5. Double Leg drives x 5
6. Double leg drive split x 5
7. Push Turns x 10
8. Dry Fulls to block x 5
9. Dry Fulls x 5
10. Full Throws x 12 or more



## **Discus** (rotational Shot) after 6-8 standing throws.

1. 360's x 10
2. Sevens x 10
3. Sprints x 10
4. Six inchers x 5.
5. Float/Stings x 10
6. Heel Snaps x 10
7. Dry to middle x 5
8. Dry to post x 5
9. Dry fulls x 5
10. South Africans x 3
11. Fulls x 12 or more



## **Javelin:**

1. Stands x 5
2. 3 step x 5
3. 5 step x 5
4. 7 step x 5
5. Fulls w/o throw x 5
6. Fulls x 5 or more, watch it!
7. Towel Pulls 3 x 10

### Leg Drills:

1. Left Emphasis
2. Right Emphasis
3. L R
4. Crabs



